



# The Braemar Skating School

Featuring United States Figure Skating & USA Hockey curriculum

## SUMMER SESSION 2013

ATBRAEMAR ARENA

(952) 833-9500



### REGISTRATION

Online: May 1-June 6

At Braemar Arena: Monday-Thursday from 9am-5pm, May 1-June 6

We accept: cash, check, MasterCard, Visa or Discover for payment.

Make checks payable to: Braemar Arena

## Group Lessons for recreational and figure skaters ages 3-12:

Tuesdays, June 11, 18, 25, July 9, 16, 23, 30 & August 6 (No class on July 2)

6-6:30pm	Parent & Child Snowplow Sam levels 1, 2 & 3 Basic Skills level 1	\$98 (8 weeks)
6:30-7pm	Basic Skills levels 2, 3, 4 & 5, 6, 7 & 8 (formerly Jump & Spin)	\$98 (8 weeks)
7-7:30pm	Beginning Synchro	\$98 (8 weeks)

Please see the back of the flier for level descriptions.

## Group Lessons for hockey skaters ages 3-12:

Thursdays, June 13, 20, 27, July 11, 18, 25, August 1 & 8 (No class on July 4)

6-7pm	USA Hockey* levels 1 & 2	\$184 (8 weeks)
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\*USA Hockey recommends that all skaters pass this curriculum before registering for hockey.

Please see the back of the flier for level descriptions.

### Participants Should Come Prepared With:

- \* **Skates**– must be properly fitted, sharpened and single-bladed. Beginners tend to learn better in figure skates, but hockey skates are acceptable. Hockey skates are required for USA Hockey classes. A limited number of rental skates are available for \$2 per pair, per session, on a first come, first served basis.
- \* **Mittens or gloves**– hockey gloves are required for USA Hockey classes.
- \* **Warm & comfortable clothing**– beginning level Tots/Snowplow Sam participants are encouraged to wear snow pants, otherwise, long pants and a jacket or sweatshirt are sufficient for Basic Skills, though higher level participants (7pm class) are encouraged to wear figure skating attire. USA Hockey participants should come wearing full gear.
- \* **Helmets**– are strongly recommended for beginning skaters of all ages. Hockey helmets are preferred, but properly fitted bike or ski helmets are acceptable. Hockey helmets with a face mask are required for all USA Hockey participants.
- \* **Hockey Stick**– this applies to USA Hockey participants only.

Due to lack of interest, the Adult Class will not be offered this summer, but it will be offered again in September.

# Summer 2013 Class Descriptions and welcome letter

Dear Participants:

Welcome to the 47th annual season of Summer skating lessons at Braemar Arena! We ask that you please read the following to make your experience here more enjoyable!

Arrive: 15 minutes prior to class time to allow for enough time to get ready. Please see the front side for apparel and skate information.

Check-in: find your child's name tag on the table in the main lobby.

Skating Parents: should watch from the bleachers; please do not walk out onto the ice.

All participants/parents: If you have questions or concerns, please stop by the Front Office; Shannon Schenck, our Program Coordinator, may also be reached directly at sschenck@EdinaMN.gov or 952-833-9506.

Class Placement & Evaluation: placement is based on ability and age. Beginners who are age 3-Kindergarten should register for Tots: Snowplow Sam 1 or USA Hockey level 1. Beginners who are ages 6-12 should register for Basic Skills 1 or USA Hockey level 1. If participants pass a level but take a break from skating, they may need to be placed in the level they've already passed in order to refresh their skills. During the last few weeks of each session, each participant will be tested on the skating elements the class has been working on. On the last day, you will be given a written evaluation which will tell you which level to register for in the next session.

Curriculum: we use the United Skates Figure Skating (USFS) Basic Skills and USA Hockey Learn To Skate curriculum.

**Snowplow Sam 1** ( for beginners, ages 3-Kindergarten; skills learned: sit, stand, march, glide & dip in place)

**Snowplow Sam 2** (for those who have passed Snowplow Sam 1; skills learned: march, glide, hop, dip, backwards wiggles, forward swizzles, rocking horse)

**Snowplow Sam 3** (for those who have passed Snowplow Sam 2; skills learned: 1 foot glide, forward swizzles, backward swizzles, snowplow stop, curves)

**Basic 1** (for beginners, ages 6 & up; skills learned: sit, stand, march, hop, glide, dip, swizzles, backward wiggles, snowplow stop, rocking horse)

**Basic 2** (for those who have passed Snowplow Sam 3 or Basic 1; skills learned: 1 foot glide, backward glide & swizzles, forward to backward turn, snowplow stop, slalom)

**Basic 3** (for those who have passed Basic 2; skills learned: slalom, 2-foot turn, swizzles in a circle, backward 1 foot glide, 2 foot spin)

**Basic 4** (for those who have passed Basic 3; skills learned: edges, crossovers, outside three-turns, backward swizzles, backward snowplow stop)

**USA Hockey 1** (for beginners, ages 3 and up; skills learned: getting up, basic stance, balance, march with 2 foot glide, forward swizzles, T-push with 2 foot glide, one foot snowplow stop, scooting, forward stride)

**USA Hockey 2** (for those who have passed Snowplow 3, Basic 1 or have previously taken our hockey classes; skills worked on: backward stance, backward gliding, forward c-cuts, forward stride/skating, backward c-cuts, 2 foot snowplow stop, glide turn, puck handling, sweep pass, sweep shot)

**Parent & Child** (for beginners who may be a bit apprehensive to start group lessons and their parents who can skate well enough to hold them up)

Our Instructors & Ratios: Our skating ratios range from 6:1 to 12:1 depending on the class level.

**We sincerely hope you have a great experience here at the Braemar Skating School!**

## PLEASE NOTE:

Make-up lessons for missed classes are not available.

The last day to withdraw is June 21; a \$5.00 processing fee will be subtracted for each refund or we will reduce the refund amount according to the number of class sessions which have already met.

Fall Session registration will take place in mid to late August; please check back for more details.